



Rules & Refereeing



KIWIVOLLEY
New Zealand



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Where Does KiwiVolley Fit?

Below is a table showing the age appropriate games Volleyball New Zealand recommend. We encourage all regions in New Zealand to adopt the spirit of these games... one that allows children to enjoy volleyball at every age and skill level!

Year Level	Players	Net Height	Court Dimensions	Game
Year 3-4	4 on 4	2.00m	Divided Volleyball Court (3 mini courts)	KiwiVolley Rotate
			Badminton Court (inside lines)	
Year 5-6	4 on 4	2.00-2.10m	Badminton Court (inside lines)	KiwiVolley Rally
			Modified Volleyball Court (12m x 6m)	
			Divided Volleyball Court (3 mini courts)	
Year 7-8	4 on 4	2.10m	Badminton Court (inside Lines)	KiwiVolley Spike
			Modified Volleyball Court (12m x 6m)	
			Divided Volleyball Court (3 mini courts)	
Year 9-10	6 on 6	2.15m (F) 2.30 (M)	Volleyball Court (18m x 9m)	Junior College Volleyball
Year 11-13	6 on 6	2.24m (F) 2.43m (M)	Volleyball Court (18m x 9m)	Senior College Volleyball

Rules of KiwiVolley

We have designed our KiwiVolley rules so that from a very early age children can be engaged in a fun volleyball environment.

We use progressive levels so that the children can challenge themselves physically, improve their fundamental movement skills (FMS), develop their physical literacy and gain success through modified KiwiVolley games.

The equipment and rule changes aim to be 'children friendly' – the ball is softer and lighter, the court is smaller and the net is lower.

Teams consist of four players on the court, at the most, to allow each child to touch the ball more often. The substitutes can rotate on and off the court so everyone gets to play in all positions. The game rules are also simplified and the scoring system modified.



Use these handy QR codes that are placed throughout this booklet.

These codes will link you directly to helpful videos on skills, rules and Grills of KiwiVolley.



Object of the Game

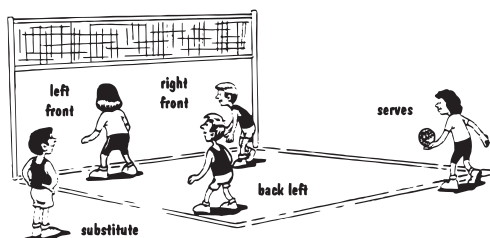
At the earliest level of KiwiVolley, *KiwiVolley Rotate*, the focus is to stop the ball landing on their side of the court, playing the ball onto their opponent's side of the court or causing the opposition to make a mistake; the basis of volleyball. It is also where basic volleyball skills are introduced.

In the later levels of KiwiVolley, *KiwiVolley Rally* & *KiwiVolley Spike* teams should aim to touch the ball three times before playing the ball over the net. While this is difficult to do in the first instance, it is worth persevering, as the rewards are great! These are the levels where volleyball skills start to truly develop.

The Team

Each side has four players on the court at any one time. In *KiwiVolley Rotate* substitutes may swap and enter the game at the end of each point – after one team has been completely eliminated from the court.

In *KiwiVolley Rally* & *KiwiVolley Spike* substitutions may rotate into the game when their team wins back the serve. E.g. rotating of the court at front right, and entering the court at back right, to serve.



The Serve

The server of the team puts the ball into play at the start of each rally. The player stands in the service area and with one hand hits the ball over the net into the opponent's court.

Always UNDERARM serve – overarm is often too difficult for the KiwiVolley age group and much too hard to pass. Allow players to serve from inside the court if they are having trouble getting their serve over.



Service is rotated to the next player in a team if one player has completed three successful, consecutive serves.

Scoring

We use a variety of scoring across the all levels. These are recommended ways to score but are by no means an absolute and can be easily altered to suit your KiwiVolley outcomes.

We do recommend at the lower levels that scores are not recorded and no playoffs are used.

Remember scoring is not as important as playing.

Timed Sets

Timed games of 10-18 minutes in a Jamboree style competition (all teams play one another with an emphasis on placing similar skill groups together) are recommended.

Many shorter games against different opponents are better than longer games against just a few.

In Play

In *KiwiVolley Rotate* the ball must be played over the net each time (first contact).

KiwiVolley Rally moves to compulsory three touches. Always encourage the use of three touches to develop teamwork and build up attacks.

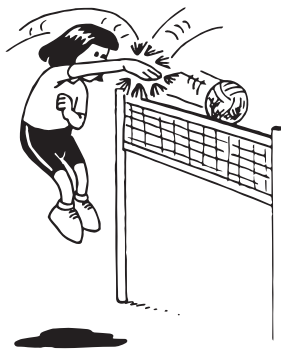
At *KiwiVolley Spike* the ball may be returned over the net within one, two or three touches. Only after a block (defensive action at the net) may the same player touch the ball twice in succession.

Play at the net

Even on the serve, the ball remains in play when it touches the net.

In *KiwiVolley Rally* & *KiwiVolley Spike* you may play the ball after it has bounced off the net, provided that the same player did not play the ball into the net, and that the team has at least one more touch left.

Players must stay on their own side of the court and not touch or cross the centre line.



KiwiVolley

Rotate

Years 3 + 4 Students



Court Size

Badminton court (inside lines: 6m x 9m) or volleyball mini court (6m x 9m) Net Height 2m (adjust where appropriate).

Scoring

Once one team has eliminated all the opposition's players from the court they receive a point.

Rules

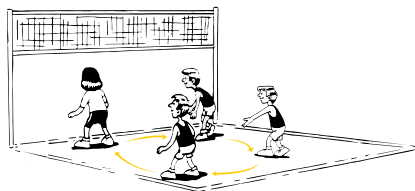
1. Four on four

Two players at the front and two players at the back. Any extra players form line off the back of the court. Players catch and throw the ball over the net and try to get their opponents to misplay the ball or ground the ball on their opponent's side of the net.

- 2. To start and resume the game:** From either team the player in the back right position does an underarm serve of the ball over the net. Players may NOT reposition themselves to serve. Serving errors result in the player leaving the court.
- 3. When a teammate throws the ball over the net,** the whole team rotates one position clockwise, with the exception of after the serves.
- 4. Below are the four examples of the movement required** after the ball is tossed over the net with four, three, two and one players on the court.

KiwiVolley Rotate - Step One

Four players on and zero eliminated



KiwiVolley Rotate - Step Two

Three players on and one eliminated



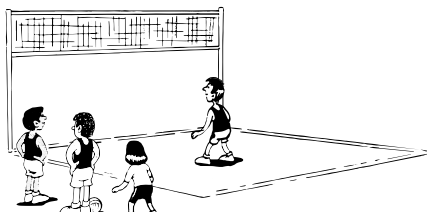
KiwiVolley Rotate - Step Three

Three players on and two eliminated



KiwiVolley Rotate - Step Four

One player on and three eliminated



- 5. If the ball is mishandled** (i.e. dropped, thrown out of bounds or into the net), the player leaves the court and forms/joins line beside the court. When the ball contacts the floor, the player who is closest to the ball leaves the court.

Tips

- Coaches or players can callout “rotate” to remind players.
- Encourage players to throw the ball immediately after it is caught to create a fast paced game.
- Encourage players to throw to those places where there is no opponent.
- Encourage players to decide who was closest to the ball quickly by volunteering or by **rock/paper/scissors**.

6. **Children can also set the ball** instead of catching and throwing it to the opponent's court. *This is optional but should be encouraged.*
7. **When a child's forearm passes the ball** (from an opponent's shot), and a teammate catches the ball, the first eliminated player may return to the court. Or if there is just one player left on the court, this player may forearm pass the ball (from an opponent's shot) and catch it themselves.
8. Every ball, with exception of the forearm pass to a teammate, must go directly over the net
9. When "Team A" loses all their players (no players left to the court), "Team B" wins point. Next, all players return to the court and new point begins.

Tip.

Always encourage players to play the ball the 'KiwiVolley way'

- Toss the ball with the arms out stretched (similar to arm position for a forearm pass)
- Push the ball from the forehead (similar position and movement to the overhead pass)
- Throw the ball with one hand above the head (the basic movement for the spike).



KiwiVolley

Rally

Years 5 + 6 Students



Year levels 5 & 6 are a critical stage to begin developing volleyball skills.

KiwiVolley - Rally, is an excellent progression from *KiwiVolley - Rotate* with more freedom to use passing and hitting skills while eliminating the need to rotate each time to ball crosses the net.

Court Size

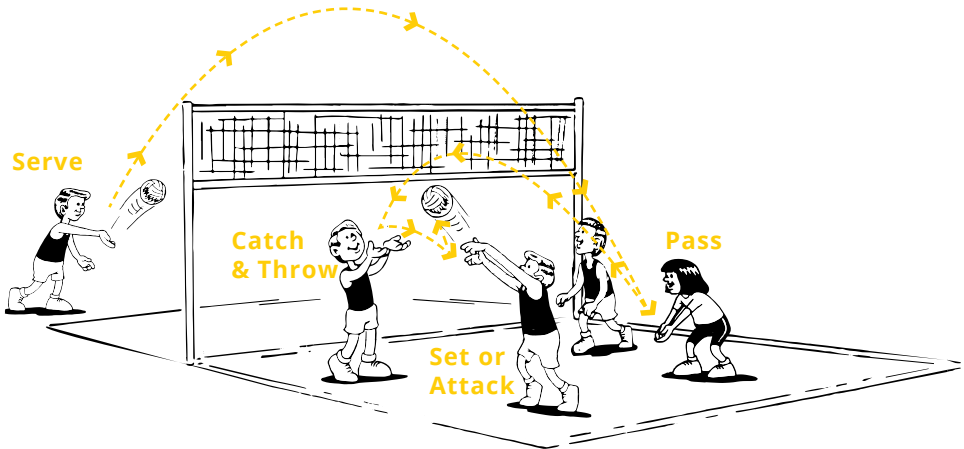
Badminton court (outside lines: 6.10m x 13.40m) or volleyball mini court (6m x 9m) Net Height 2.00-2.10m (adjust where appropriate).

Scoring

The team winning the rally with three contacts earns one point.

Rules

1. Standard volleyball serving, rotation and scoring (rally point) procedures. Extra players are obliged to rotate into the game at the service position. Underarm serves only.
2. There should be three compulsory passes, with the last being directed over the net, or replay occurs. The second contact must be a smooth, non-stop, catch-throw movement. This movement can be done in three ways:
 - 🏐 With extended arms tossing in a forward direction
 - 🏐 With extended arms tossing in a backward direction
 - 🏐 Catch the ball with extended arms above the head (setting position), bending knees and pushing upwards.



3. The second contact (smooth, non-stop, catch-throw movement) cannot be played over the net, if this occurs, the point is replayed.

Tip

Encourage players to play the ball “to the net” (to the setter in position 2), “along the net”, and “over the net”.

4. The team winning the rally earns one point and initiates the next play by an underarm serve. Maximum of three serves before rotating to the next server.
5. Timed games of twelve minutes, Jamboree style competition (all teams play one another, with an emphasis on placing similar levels of teams together).

KiwiVolley

Spike

Years 7 + 8 Students



Year levels 7 & 8 are within the critical window for further developing volleyball skills.

KiwiVolley - Spike is an excellent progression from the previous level, as children should now be much more comfortable with the skills and able to generate many more rallies. Playing four on four and applying the *KiwiVolley - Spike* rules for competition whenever possible is the best way to ensure the most rallies and the most fun!

It is very tempting for players to hit the first ball back over the net and let the other team make a mistake. The number one goal of the team should be to trust one another and co-operate so that the number of three hit rallies achieved is the measure of success.

Court Size

Badminton court (outside lines: 6.10m x 13.40m) or volleyball mini court (6m x 9m) Net Height 2.00-2.10m (adjust where appropriate).

Scoring

The team winning the rally earns one point

Rules

Note:

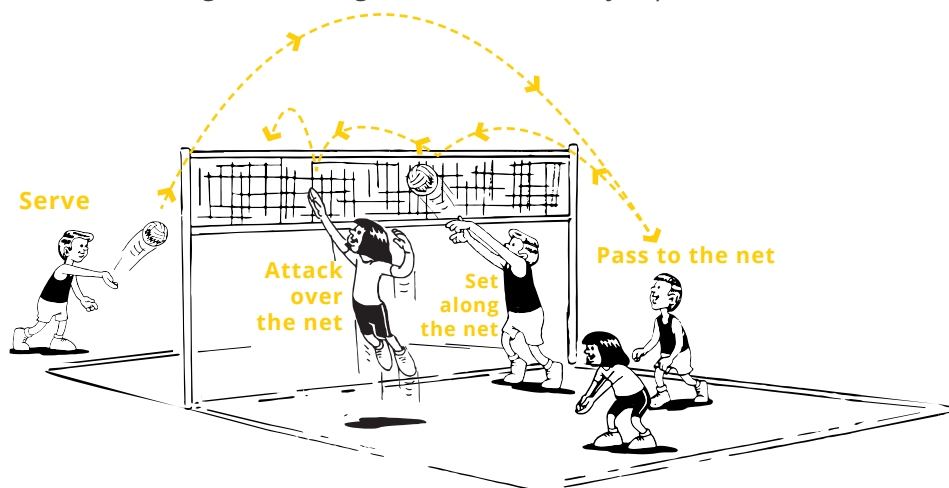
All *KiwiVolley - Rally* rules apply with the exception of the following modifications:

1. No amount of compulsory touches before directing the ball over the net are required, but three touches should be encouraged.
2. When receiving the serve the ball cannot be passed directly back to opposition or it is a point to the other team.

Note:

For rule 2, new participants at this level a replay point can also be used.

3. No catching or throwing is allowed *KiwiVolley - Spike*.



KiwiVolley

Spike 6's

Year 8 Students

KiwiVolley - Spike 6's can be used as a progression from the previous level **KiwiVolley - Spike**.

This should only take place at the Year 8 level. We recommend children play at least one season of 4 on 4 KiwiVolley before playing 6 on 6.

KiwiVolley - Spike 6's should not be a child's first introduction to volleyball. The increased space, more players and greater distances to serve, can often limit and slow their development, decreasing their enjoyment. We also recommend they continue to use a KiwiVolley ball and not an adult sized volleyball.

Court Size

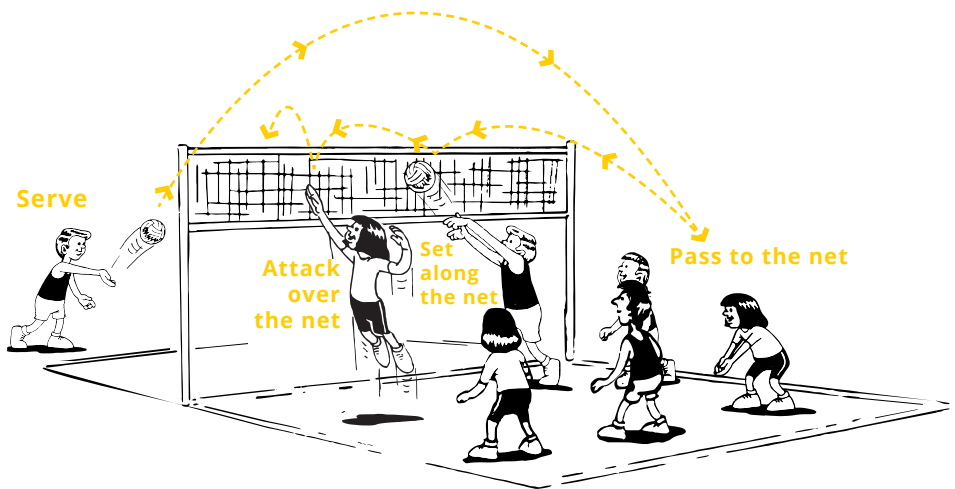
Full Volleyball court 9.00m x 18.00m.
Net Height 2.10m (adjust where appropriate).

Scoring

The team winning the rally earns one point.

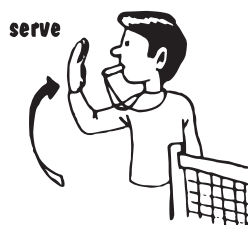
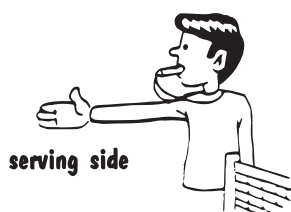
Rules

All *KiwiVolley - Spike* rules apply with the exception of there being 6 players on each team.



Refereeing KiwiVolley

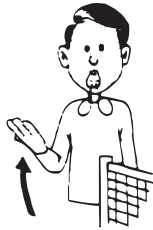
1. Players may not question the referee's decision.
2. The referee blows the whistle to commence play (the server must wait for the whistle before serving).



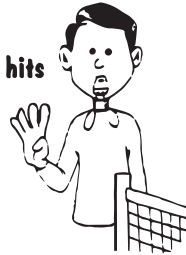
3. The referee also blows the whistle to indicate that the ball is dead (i.e. ball out of play or fault committed).

- The referee should use hand signals to immediately indicate the nature of the fault. (i.e. carried ball, four hits).

carried ball



four hits



- If the player under hand slaps the ball with two hands, the referee calls a compulsory 'carried ball'.
- State the score clearly and frequently. Always give the server's score first.

0		0
1		1
2		2
3		3
4		4
5		5
6		6
7		7
8		8
9		9
10		10
11		11
12		12
13		13
14		14
15		15
16		16
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18		18
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25		25

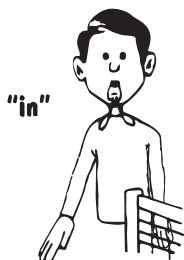


FIVB

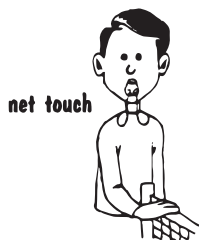
COURT N° 6



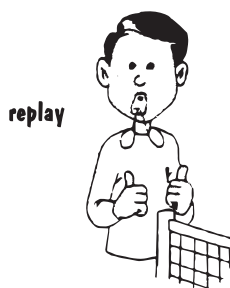
7. Balls landing on the line are counted 'in'.



8. The referee should watch carefully for players touching the net or crossing the centre line with their feet.



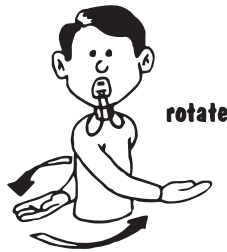
9. Replay any doubtful points.



10. Try to keep the game flowing. Encourage rallies to continue.



11. Teams rotate to opposite sides of the net at the end of each set.







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